

# Bronco Rumble takes Schofield by storm

**STAFF SGT. CASHMERE JEFFERSON**  
3rd Brigade Combat Team  
Public Affairs Office  
25th Infantry Division

**SCHOFIELD BARRACKS** — For two weeks, you could hear them training, and depending on where you lived, your house may have been shaking.

With the noise and fury came the assurance that the Soldiers of 3rd Brigade Combat Team, 25th Infantry Division, are ready for whatever the Army’s call will bring.

“Bronco Rumble,” a company level, combined arms live-fire exercise conducted to develop leaders and service members with critical thinking and tactical skills, took place May 1-14.

“This training was tough, intense and demanding, but our Soldiers got after it,” said Command Sgt. Maj. David Clark, senior enlisted leader, 3rd BCT, 25th ID.

Clark stressed the importance of physical fitness as Soldiers moved more than 1,500 meters through the wood line, bounding down and up the gulch to reach their objective while carrying more than 60 pounds of weight.

Bronco Brigade Soldiers endured some of Hawaii’s hottest and rainiest weather conditions, while training through blank and live-fire iterations, both day and night. The Bronco Brigade proved why there is “None Better.”

“The exercise is a culmination of the last six months of training,” said Col. Brian Eifler, commander, 3rd BCT, 25th ID. “We started at indi-

vidual- to squad-level training, to platoon-level training, to a company-level live fire where a company commander has to maneuver his unit to take an objective.”

The success of the mission relied heavily on how Soldiers could shoot, move and communicate effectively through the terrain. The training was not just about the infantry, but combined the artillery, cavalry, mortars, aviation, engineers, medics and many more elements as they deliberately attacked a simulated enemy compound.

The Broncos hosted leaders from the Pacific Command, 15th Airlift Wing, U.S. Army-Pacific, 25th ID and officers from the Vietnam People’s Army, to name a few, to observe while they showcased the very best that any infantry brigade in the Pacific has to offer.

“This is their Super Bowl,” said Eifler. “Bronco Rumble brings that extra factor of combat simulation to really put our Soldiers to the test, but everything they’ve trained for has prepared them for this.”

Bronco Rumble will increase future interoperability with America’s Pacific partners while sustaining combat readiness, enabling the brigade to answer the Army’s call whenever and wherever it is.

A Bronco Soldier from Co. A, 2nd Bn., 35th Inf. Regt., 3rd BCT, 25th ID, leaps across a ravine as his company maneuvers through a gulch toward a known enemy stronghold during Bronco Rumble, May 3. (Photo by Sgt. Brian Erickson, 3rd Brigade Combat Team Public Affairs Office) (Photo has been altered from its original form.)

## SECDEF announces fewer furlough days for civilians

**NICK SIMEONE AND KAREN PARRISH**  
American Forces Press Service

**WASHINGTON** — After weeks of review, Defense Secretary Chuck Hagel has concluded budget cuts will require most of the department’s civilian employees to be furloughed beginning in July, but that because of other efforts to deal with the shortfall, only half of the 22 days originally envisioned as temporary layoffs will now be necessary.

During a town hall meeting Tuesday at the Mark Center in Alexandria, Va., Hagel told Defense Department employees that most will be required to take 11 furlough days beginning July 8, one per week, through the end of the fiscal year, Sept. 30.

Hagel noted that when he took the oath of office less than three months ago, post-sequester plans called for 22 furlough days. Congress allowed the department to shift or reprogram some funds in March that cut that number to 14. Now, he said, as maintenance, training, flying hours and ship deployments are increasingly affected, he had no choice but to authorize the furloughs.

“We kept going back, and finally, we got to a point where I could not responsibly go any deeper into cutting or jeopardizing our formations, our readiness and training,” he said.

In a memo to senior department leaders, Hagel said he had “very reluctantly” concluded that major budgetary shortfalls triggered by

a \$37 billion cut in defense spending for fiscal year 2013 forced a decision he said he deeply regrets, and one that he acknowledged will disrupt lives and impact DOD operations.



Secretary of Defense Chuck Hagel speaks to Department of Defense employees at the Mark Center in Alexandria, Va., Tuesday. Hagel addressed upcoming furloughs of civilian employees. (Photo by Erin A. Kirk-Cuomo)

However, he credited congressional passage of a defense appropriation bill in March in part for helping to reduce the number of days

See **HAGEL A-5**

## CID redeploys from OEF

Augmented CID battalion spread across locations in Kuwait and Afghanistan

**SGT. 1ST CLASS CHARLES HINDBAUGH**  
19th Military Police Battalion  
(Criminal Investigation Division)  
6th MP Group

**WHEELER ARMY AIRFIELD** — After nine months investigating felonies that occurred in theater, the 19th Military Police Battalion (Criminal Investigation Division), a component of 6th MP Group, was welcomed home from Operation Enduring Freedom in a redeployment ceremony, May 9.

The battalion was spread out across multiple forward operating bases, with its headquarters located on Bagram Air Field, Afghanistan, and a complete detachment in Kuwait, which managed CID operations for Operation New Dawn.

The deployed team consisted of Soldiers from the battalion, augmented with an array of skills and talents from the 6th MPs and CID units across the Army.

Elements of 19th MPs conducted full-spectrum operations, in support of multiple commands, to assist efforts against insurgents, and to support improved governance and development. Its efforts contributed to the Afghan-led security forces’ ability to properly train, to provide protection for the Afghan people and to set conditions for sustainable peace.

In support of the coalition mission, 19th MPs attached volunteers from multiple CID



Katelynn McEntee, 4, waits for the arrival of father Warrant Officer Sean McEntee, 19th MP Bn. (CID), 6th MP Group, prior to the redeployment welcome home ceremonies, May 9. (Photo by Jack Wiers, U.S. Army Garrison-Hawaii Public Affairs)

units across the Army to increase its mission capability and overall function.

The team trained for several months to build firm unit cohesion under the guidance of 6th MP Group and with the ongoing support of the 8th Theater Sustainment Command.

## Hurricane & disaster preparedness must take place now, before season begins

**U.S. ARMY GARRISON-HAWAII**  
Public Affairs Office

**WHEELER ARMY AIRFIELD** — As hurricane season bears down on the Pacific, from June 1 to Nov. 30, the time to prepare for a possible disaster is now.

Disaster planning should be a part of everyday life, said Joe Barker, installation management

emergency officer, Directorate of Plans, Training, Mobilization, and Security; U.S. Army Garrison-Hawaii.

“And since May is the 10th annual National Preparedness Month, people have the opportunity to learn how to care for themselves and their families, for at least 72 hours, the time before local help can get to you,” said Barker. “It may be

seven to 14 days before outside assistance arrives.”

Service members, families and civilians can turn awareness into action by being informed, making a plan, building a kit and getting involved.

“Planning and building a kit should be discussed with the whole family, so everyone understands what to do and when to do it,” said Barker,

er, adding that families should practice their emergency plan at least twice a year and discuss ways to improve it, too, for different scenarios.

Powerful hurricanes have pummeled Hawaii in the past. If you combined the presence of an active volcano (and its seismic activity) with the

See **PLAN A-5**

### Appointment apathy | A-2

Photo lab appointment no shows waste time and money.



### Grave matters | A-4

GPS coordinates, improved recordkeeping, more, for Schofield Barracks Post Cemetery.

### Spouses wear Army boots | B-1

Wolfhounds give their spouses a sample of soldiering.



### Teaching the teachers | B-4

25th CAB gives local teachers a block of instruction on Army aviation.





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Mike Phillips, Department of the Army photographer, takes the DA studio photo of Command Sgt. Maj. Nathan Hunt, senior enlisted leader, 8th Theater Sustainment Command. (Photo by Staff Sgt. Mary Angela Valdez, 8th Theater Sustainment Command)

# DA photo lab ‘no shows’ waste resources and time

## DIRECTORATE OF PLANS, TRAINING, MOBILIZATION AND SECURITY

U.S. Army Garrison-Hawaii

SCHOFIELD BARRACKS — The Department of Army photo labs are experiencing 40-50 “no-shows” each month.

Failing to make scheduled appointments wastes valuable resources and deprives other Soldiers of DA photo opportunities.

An appointment is considered a no-show in the following situations:

- If you have not reported to the DA photo lab by your appointment time.
- If you do not give adequate notice of cancellation, so the appointment can be filled. Cancellations should be made at least 24 hours in advance.

If a Soldier misses an appointment without prior notification, he or she will not be able to make a new appointment until the photo lab receives a letter signed by the battalion commander or command sergeant major stating why the appointment was missed.

der or command sergeant major stating why the appointment was missed.

If a Soldier misses another appointment within a period of six months, he or she will not be able to make a new appointment until the lab receives a letter from the battalion commander giving assurance that the Soldier will comply with future appointments.

This policy is not intended to create hardship on Soldiers. Instead, it is designed to increase the photo lab’s efficiency and better support Soldiers who are able to make their designated appointment times.

This policy will increase the capabilities of valuable time and money, as well as provide better service to all Soldiers.

### More Information

Contact the TV2/Visual Information manager at 655-5246.

## FOOTSTEPS in FAITH

# Take ‘small steps, slow steps’

## CHAPLAIN (MAJ.) CHUCK WILLIAMS

2nd Battalion, 25th Aviation Regiment  
25th Combat Aviation Regiment  
25th Infantry Division

In 2006, in the middle of my first deployment to Iraq, my wife Celia and I went to Garmisch-Partenkirchen, Germany, for our mid-tour rest and relaxation, or R&R.

We stayed at the new military hotel called “Edelweiss Lodge and Resort,” situated on the German-Austrian border.

Looking out the front door of our hotel was a grand view of the Alps, including one of Germany’s highest mountains, the Alpspitz, which rises to 8,622 feet.

After a few days of rest, I decided to climb the Alpspitz. The hike to the cable car station at 6,400 feet was a steep trail climb and rigorous enough. The remaining 2,200 feet to the summit was all rock face, with steel pegs placed into the rock trail for hikers to secure their footing, and a mounted steel cable for hikers to hold.

Considering the situation, I realized I had not anticipated the degree of difficulty that this hike would be. I was having problems with my breathing in the thin air.

As I stopped to rest and catch my breath, I noticed an elderly couple down the trail, steadily climbing. They seemed to be doing fine. Soon, they caught up to me.

I was surprised when the older man came over to me, put his hand on my shoulder, introduced himself as Otto, and said in broken English, while motioning me to take the lead, “small steps, slow steps.”

I started climbing the final 1,100 feet and kept



Williams

saying to myself, “small steps, slow steps.”

Following Otto’s advice, I reached the summit without stopping again. I was enjoying the beautiful mountain vistas when the older couple finally joined me at the summit. I greeted them and thanked Otto for his “small step, slow step” advice.

As we visited, Otto explained how it was that he and his wife were hiking the Alpspitz. As he spoke, I noticed tears coming from his wife’s eyes. Even though she spoke no English, she knew what Otto was sharing with me.

Otto explained, “You see, my wife and I starting climbing this mountain only 10 years ago, and this is the only mountain we ever climb. Our only son was killed climbing this mountain 10 years ago. He and his climbing buddy were descending from their climb to the summit when a storm quickly fell on them. They were both struck by lightning and fell to their deaths.

“Small steps, slow steps is how we’ve had to live our lives ever since,” he continued, “and it is how we found the strength to finish climbing this mountain, each year, to remember our son.”

As Otto told the tragic story of losing his only son on that mountain, my boots were stained with tears that fell from my eyes.

I offered to pray with my new friends, and we said our goodbyes.

As I descended the mountain, I found the memorial plaque that the couple placed where their son and his friend had fallen. Although eight years have passed since that day on the Alpspitz, I hold in my heart the life lesson that Otto taught me: small steps, slow steps.

When difficult times seem to mark our days more than God’s blessing, we can walk these tough times with small steps, slow steps.

Even if life takes more from us than it gives, by taking small steps, slow steps, we can find God’s grace and strength.

## BACKTObASICS —

# PT basics are historically measureable

**MASTER SGT. JAMES MUSNICKI**  
18th Medical Command (Deployment Support)

*Department of the Army, FM 21-20 Physical Readiness Training 1946 states, “War places a great premium upon the strength, stamina, agility, and coordination of the Soldier because victory and his life are so often dependent upon them.”*

In the preface of the U. S. Army Manual of Physical Training, dated February 1914, Maj. Gen. Leonard Wood wrote, “There is nothing in the education of the Soldier of more vital importance than this.”

A singularly important event relative to the future of physical training in the Army was the arrival of Frederick von Steuben at Valley Forge in February, 1781. He took a demoralized and defeated colonial army and turned it into an effective fighting force later that summer.

In the period immediately following World War I, the Army reached a high point in its physical fitness level. This level deteriorated over time due to the introduction of track and wheeled vehicles, as well as an enjoyment of 20 years of peace and emerging prosperity.

In the years leading up to World War II, it became apparent that the Army had a measurable decline in personal health and fitness. One study, conducted at Fort Knox in 1940, found that 25 percent of Soldiers were in good shape, 40 percent in fair shape ... and 35 percent were in miserable shape.

At the onset of World War II, the Army ramped up its focus on physical fitness through Field Manual (FM) 21-20 (of 1941), as well as the nomination of three-time Olympic gold medal rower John Kelly as the national director of physical fitness.

The post-Gulf War era saw the implementation of the Base Closure and Realignment Commission, which resulted in the elimination of the resident Master Fitness Trainer course. Unlike previous wars, this era of combat operations was brief and against a poorly trained and equipped army, which illustrated no shortcomings in American military physical fitness.

This era also saw Army Physical Fitness Test Badge standards relax from 290 to 270, and lowered physical fitness event standards for some age groups in 1998.

After each hard fought war is a period of decline in troop strength and readiness.

The period of Operation Iraqi Freedom and Operation Enduring Freedom saw our Army fighting in varying environments, from rugged mountainous terrain to the temperate extremes of desert conditions. Fitness levels of our Soldiers once again became a high priority.

Much like the leaders and shapers of the Army of yesterday, the leaders of today recognize the importance of an extremely healthy and physically fit force. New initiatives, such as Training Circular 3-22.20 (Army Physical Readiness Training) and years of research, have brought the Army’s physical fitness standards into the modern era.

Like most other advances in the Army, an Army at war tends to accelerate advances in technology and training.

Back to basics is carrying on the hard-learned lessons received, as well as passing these lessons — and the importance of them — down to our future Army. It’s getting back into our FMs, Army Regulations and Training Circulars.

Countless hours of research went into the creation and revision of TC 3-22.20. The tools are there for us, as leaders, to correctly perform physical readiness training and keep our force fit. We, as leaders, are tasked with preparing and maintaining our force.

We cannot afford to forget or allow our Army to regress as history has shown.

*(Editor’s note: Musnicki is the noncommissioned officer in charge of G3 Plans at 18th MEDCOM.)*



# Voices of Ohana

Armed Forces Day is May 18.

“Why did you choose to join the Army?”

Photos by U.S. Army-Pacific Public Affairs



“I joined for the life experiences!”

**Sgt. Matthew Hicks**  
Forward observer, 1st Bn., 21st Inf. Regt., 2nd SBCT, 25th ID



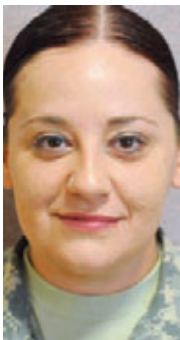
“I joined the Army in order to become a medic and help my peers in a real and personal way.”

**Spc. Harold Sims**  
Medic, 1st Bn., 21st Inf. Regt., 2nd SBCT, 25th ID



“I joined the Army to be a millionaire! Also, to jump out of a perfectly good airplane.”

**Spc. Anthony Soliz**  
Generator mechanic, HHC, 8th MP Bde., 8th TSC



“To serve my country and take advantage of the educational benefits.”

**Sgt. Jeanne Oneill**  
Supply NCO, 3rd Sqdn., 4th Cav. Regt., 3rd BCT, 25th ID



“My father did it, and I wanted to follow in his footsteps, work in an organization with great esprit de corps and protect the United States.”

**Maj. Anthony Whitfield**  
Plans officer, 413th CSB, USARPAC



# 25th ID SOY winner sets standards, earns rewards

Story and photo by  
**SGT. DANIEL JOHNSON**  
2nd Stryker Brigade Combat Team Public Affairs  
25th Infantry Division

SCHOFIELD BARRACKS — A combat medic with the Headquarters and Headquarters Battery, 2nd Battalion, 11th Field Artillery Regiment, 2nd Stryker Brigade Combat Team, competed and won the 25th Infantry Division Soldier of the Year competition, May 6-9.

Spc. Timothy Anderson won the title after competing against his peers at the battalion and brigade levels before progressing to the division level.

The SOY competition determines the most capable Soldier in an organization.

Having won at the division level, Anderson will go on to compete at the U.S. Army-Pacific Command level.

“It feels really good,” said Anderson. “It was a tough and challenging week. I’m glad I competed though.”

“This competition sets the standards for other Soldiers to follow,” said Command Sgt. Maj. Michael Crosby, senior enlisted leader, 2nd SBCT. “It shows how much talent we have within our unit.”

“I have a sense of glory for our battalion and our battery,” said 1st Sgt. Michael Moore, HHB,

2nd Bn., 11th FA Regt. “This not only sets a precedence for him, it sets it for every Soldier that wants to compete in something like this.”

Preparing to compete at this level requires a high amount of dedication and self-discipline. From written exams to essays, in addition to physical events, such as ruck marches and weapons qualification, this competition tests every facet of being a Soldier.

“The board was the most challenging part,” said Anderson. “I’ve spent months studying and preparing for the boards and knowledge requirements in addition to my other training.”

“It doesn’t matter what MOS (military occupational specialty) you are,” said Moore. “If you apply yourself, just like Spc. Anderson did, and have the right mentorship and goals, you can achieve anything.”

Earning the SOY title came with a few perks for Anderson. Along with an Army Commendation medal, various vendors donated items from plaques to tactical kits, even cash.

“I have my own parking spot at the PX now; that was the biggest thing I was looking forward to. It’s pretty awesome,” said Anderson.

Setting standards and enforcing them is a way of life in the Army, and these competitions help to motivate Soldiers, develop professionalism, and boost unit morale.



Spc. Timothy Anderson (center), HHB, 2nd Bn., 11th FA Regt., 2nd SBCT, 25th ID, and members of his battery gather for a group photo following an award ceremony where Anderson was selected as the Soldier of the Year, May 9.

“Soldiers are the bedrock of our profession, and what we have to do as leaders is continue to tap into their abilities,” said Crosby. “This competition only represents a fraction of the talent

that is in the formations of the 2nd SBCT. I’m extremely proud of Spc. Anderson. He represents what dedication and training can produce in our troops.”

# 94th AAMDC Warrior Challenger advances to USARPAC level

**SGT. LOUIS LAMAR**  
94th Army Air and Missile Defense Command  
Public Affairs

FORT SHAFTER — Winners of the 94th Army Air and Missile Defense Command’s Warrior Challenge competition for Soldier and noncommissioned officer of the year were announced, Monday.

Staff Sgt. Joshua McCall, chemical operations specialist NCO in charge, and Spc. Derek B. Hibbs, passive defense operations sergeant, were named 94th AAMDC NCO and Soldier of the year, respectively.

The event lasted four days and was full of challenges.

“I was selected to participate in the Warrior Challenge after winning one of the Soldier of the Quarter boards,” said Hibbs. “I prepared for the competition by studying my Soldier tasks, working on my physical fitness, getting assistance from my leadership and training as much as possible.



Staff Sgt. Rafael Collazomoraes, administrative specialist NCOIC, and Spc. Derek Hibbs, passive defense operations NCO, 94th AAMDC, battle it out during the Warrior Challenge. (Photo by Staff Sgt. John Johnson, III, 94th AAMDC Public Affairs)

“My sponsor was a former winner of this competition, and he had a lot of knowledge on how to perform and what to expect during the events,” said Hibbs.

Similarly, McCall was selected for the challenge after winning an NCO of the Quarter board.

“My sponsor prepared me for the Warrior Challenge by motivating me, taking time on the weekend to help me study and plot grid coordinates,” said McCall. “Through years of expertise and studying my warrior tasks, I was able to prepare for the competition.”

During the competition, Soldiers participated in events from land navigation, urban orienteering, reflexive fire, combatives tournament, a written essay and an oral board.

“The most challenging event for me was the daytime land navigation,” said Hibbs. “It posed a challenge because it’s a perishable skill, and we don’t train on it as much as we probably should.”

“All of the events were challenging,” said McCall. “For me, the most challenging event was the

land navigation course.”

Soldiers of all ranks should always find ways to brush up on their basic Soldier tasks.

McCall added that it’s important to have events like Warrior Challenge because the Army wants to get back to the basics, and competitions like this give Soldiers an opportunity to use their basic skills.

“When I found out that I won the 94th AAMDC Warrior Challenge and was named the NCO of the Year, I was happy to be a chemical operations guy winning this in an air defense unit,” said McCall.

Hibbs’ reaction was the same when he learned that he’d won the challenge and was named Soldier of the Year.

“I was happy because I performed to the best of my abilities, and I didn’t let my leadership down,” said Hibbs.

The two now go on to compete in the USARPAC Warrior Challenge, which commences June 9.



# IMCOM team to GPS map post cemetery markers

**U.S. ARMY INSTALLATION MANAGEMENT COMMAND**  
Public Affairs

SAN ANTONIO — The U.S. Army Installation Management Command began in April to record headstone images and review interment records at 29 Army post cemeteries worldwide.

The nine-member IMCOM Cemetery Operations (ICO) team will travel to 19 installations this summer, including the one at Schofield Barracks, to conduct a thorough review of interment records and grave markers.

This verification initiative will validate information of more than 45,000 graves. The goal is to achieve 100 percent accountability at all IMCOM post cemeteries.

The multifaceted process incorporates many new technologies, including a customized smart phone application to take photos of both the front and back of each grave marker, Army Mapper to capture coordinates of each grave marker location, and a research tool — developed and managed by the Army Analytics Group — to validate the information. The ICO team will validate and correct, if needed, each record of interment and grave marker.

During the site visits, the ICO team will train garrison staff to use the technology tools to sustain the accountability process into the future. “Establishing and maintaining the highest standards of appearance and accountability will be an enduring mission at IMCOM,” said Gregory Kuhr, director of G4, Facilities and Logistics, for IMCOM. “This work honors all those who rest in an IMCOM cemetery. Visitors will know their loved ones are treated with dignity and respect and are in an environment befitting their sacrifice.”

The ICO team follows the lead of Arlington National Cemetery, where nearly 300,000 gravesites were validated. The same business rules and best practices applied at Arlington

will also be applied during IMCOM’s accountability project.

“We’ve been planning the accountability mission for over six months and are now ready to execute,” said Judith Tarbox, acting ICO chief. In addition to a comprehensive campaign plan that outlines a five-phase approach to sustainable, standardized cemetery operations, ICO also developed training plans and materials, standard operating procedures and common levels of service.

The goal of these efforts will be 100 percent accountability of all those interred at IMCOM post cemeteries; an online, searchable database of interment images viewable by the public; and a smart phone application that allows cemetery visitors to easily locate grave locations. Gravesite information will be automated across all Army cemeteries.

Another aspect of the mission to achieve sustainable results is the realignment of duties and responsibilities of garrison staffs in the management of IMCOM cemeteries. Currently, garrison commanders determine operations and management responsibilities at their post cemeteries.

Once the accountability process is complete, standardized processes will be implemented and oversight realigned to the Directorate of Public Works within each garrison.

“The end state will be an enhanced experience for cemetery visitors,” said Kuhr. “The cemeteries’ grounds will be improved through consistently applied standards and measures, adequate funding and sustainable operations into the future.”

The team expects to reach 100 percent accountability at IMCOM post cemeteries by end of summer 2013, with sustainability attained by mid-2014.

The online database should be available in late 2014.

<b>Gravesites</b>	- Fort Campbell	- Fort Meade
Accountability locations for post cemeteries follow:	- Fort Devens	- Fort Riley
	- Fort Drum	- Fort Sheridan
- Aberdeen	- Fort Gordon	- Fort Sill
- Proving Ground	- Fort Huachuca	- Fort Stevens
- Carlisle Barracks	- Fort Knox	- Fort Worden
- Edgewood	- Fort Lawton	- Presidio of Monterey
- Fort Benning	- Fort Leavenworth	- Schofield Barracks
- Fort Bragg	- Fort Leonard Wood	- Vancouver Barracks
	- Fort Lewis	



Orderly white markers in Plot V, Schofield Barracks Post Cemetery, stand silent sentry over the remains of service members and civilians. (Photo by John Reese, U.S. Army Garrison-Hawaii Public Affairs)

## Graves reveal SB history

**U.S. ARMY GARRISON-HAWAII**  
Public Affairs Office

SCHOFIELD BARRACKS — Cemeteries are quiet windows on the past, and the Schofield Barracks Post Cemetery has had some interesting additions — and subtractions — since informally established around 1909, and officially dedicated in 1912, when the first grave was filled.

A register kiosk with the name and location of individual plots helps guide visitors to the correct internment location. A documentation of all Army post gravesites with GPS location is scheduled later this year.

Like other Army cemeteries, gravesites are decorated with flags on holidays like Memorial Day, and like all cemeteries, some of the gravesites come with a little mystery. The shape and size of headstones, some more than 100 years old, some with inscriptions in Asian languages, tell part of the post’s history.

The first impression while walking the grounds is that as cemeteries go, it’s a small, well-maintained military cemetery. Daily rains and an attentive maintenance crew keep the grounds tidy and reverential.

On the sunny midweek day visited recently, an older civilian worker was spending his lunchtime dozing under a shady patch of trees at the back of the grounds, not far from the remains of Italian prisoners of war and unknowns who aren’t thought to be Americans behind a hedge in Plot VIII.

Behind another hedge beyond Plot III, unnoticed if one isn’t looking for them, are the remains of seven dishonored American Soldiers executed for capital crimes. Post records indicate two or three of the dishonored were executed in Hawaii, while four had been reinterred here as part of a 1949 Army consolidation project. To add to their eternal shame, the seven are buried facing away from the flag.

There are many children interred, and in the back are seven plots dating back to 1956, which mark the remains of 2,390 fetuses from Tripler Army Medical Center.

Civilian employees, too, found a final resting place on post. According to the garrison’s Casualty and Mortuary Affairs, the first recorded interment was Mr. Harry Holiday, who worked for the quartermaster corps (the unit responsible for early construction at Schofield Barracks.)

Although two major wars and other conflicts in the last century saw an increase in the number of remains, the Schofield Barracks Historic Guide states, “The cemetery has been considerably reduced in size since the end of World War II as the result of the removal of many veterans to other locations.”

“Many of the remains from World War II were relocated to the Punchbowl, the National Cemetery of the Pacific,” said Ernestine Pratt, Casualty and Mortuary Affairs.

The cemetery is located on Lyman Road, a little west of Humphries Road, and easy to find with its white, wrought iron gates.







Spc. Joe McAvin, 536th Support Maintenance Company, 524th CSSB, 45th SB, plays the role of a field casualty while Soldiers from his unit work to evaluate him during a pre-deployment certification field exercise, April 24.

# 524th CSSB runs muddy convoy live-fire exercise

Story and photos by  
**SPC. ERIN SHERWOOD**  
45th Sustainment Brigade Public Affairs  
8th Theater Sustainment Command

SCHOFIELD BARRACKS — From a distance, everything appeared calm.

A line of humvees slowly curled their way around the trails of East Range; their gunners poised at the ready for appearance of the enemy.

However, this was not reacting to an invasion by a foreign power. The 536th Support Maintenance Company, 524th Combat Sustainment Support Battalion, 45th Sustainment Brigade, 8th Theater Sustainment Command, conducted a convoy live-fire exercise, recently, in preparation for its upcoming deployment to Bagram Air Field, Afghanistan.

The exercise was one of many the 524th CSSB is conducting to prepare its Soldiers for possible situations while they are downrange.

This mission focused on recovery of a damaged vehicle. The Soldiers were expected to work as a unit to recover the disabled vehicle as quickly as possible, to react to enemy contact appropriately and to rescue a casualty.

“Communication with this stuff is really important,” said Sgt. Jose Figueroa, vehicle maintenance, “It can be tough because you have to communicate effectively with both your vehicle

and the other gunners.”

Figueroa, who was the gunner for the last truck in the exercise, said he thought the exercise went well.

“But we could always use more practice,” he added.

The terrain on East Range couldn’t have been more challenging. On the site where the exercise was conducted, a recent rainstorm made the mud soft and gooey. After the maintenance was performed, Soldiers had to figure out a way to get the vehicles out of the mud and back on the main path.

The exercise was only training, but Maj. John Lankford, the officer in charge of support operations for the 536th, wants his Soldiers to remember they are preparing for a real rescue mission.

“When you’re out in Afghanistan, you might not have four hours to recover a vehicle,” he said. “You may need to do it in one. Guys on the wire are relying on you to get them out and going again. You have to have a sense of urgency.”

The Soldiers gathered for an in-depth after-action review at the motor pool, and while the training went well, they have a ways to go before they are warfighter ready to make a vehicle recovery in Afghanistan.

After a quick breather, they were off again at 4 p.m., for their next pre-deployment exercise.

## Plan: Disasters shut down services

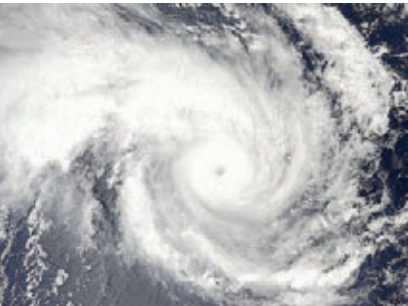
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possibility of a tsunami, which could be the result of events occurring thousands of miles away, then planning for disasters needs to be a priority in every household.

Hurricane Iniki on Sept. 11, 1992, was the most damaging hurricane in Hawaii’s recorded history, causing billions in damage and the loss of six lives. This year there’s an increased percentage of intense storms hitting some time in August or September.

“We know from recent emergencies that everything shuts down,” Barker said. “That’s not the time to gather supplies. If you prepare now, you’re going to have a kit, you’re going to have a plan, and so long as you have power, you can watch the news to stay informed.”

*(Editor’s note: Download a free disaster*



The last major storm that hit Hawaii caused six deaths and billions in damage. Disasters can occur any time, so don’t wait to prepare. (Courtesy photo)

*preparedness handbook from the Hawaiian Electric Company at [www.heco.com](http://www.heco.com) or call 543-7511.)*

<b>Resources</b> To learn what to do before, during and after an emergency, visit the following websites: <ul style="list-style-type: none"><li>•<a href="http://www.ready.gov">www.ready.gov</a>.</li><li>•<a href="http://www.acsim.army.mil/readyarmy">www.acsim.army.mil/readyarmy</a>.</li><li>•<a href="http://www.redcross.org">www.redcross.org</a>.</li><li>•<a href="http://www.citizencorps.gov">www.citizencorps.gov</a>.</li><li>•<a href="http://www.fema.gov">www.fema.gov</a>.</li><li>•<a href="http://www.garrison.hawaii.army.mil">www.garrison.hawaii.army.mil</a> and</li></ul>	click on “Emergency Management.” If directed to move to a safe haven, visit these sites: <ul style="list-style-type: none"><li>•<a href="http://www.garrison.hawaii.army.mil/dptms/SafeHaven2013.pdf">www.garrison.hawaii.army.mil/dptms/SafeHaven2013.pdf</a> or</li><li>•<a href="http://www.slideshare.net/usaghawaii/safe-havens-on-post">www.slideshare.net/usaghawaii/safe-havens-on-post</a>.</li></ul> If you live off post, find your safe have here: <ul style="list-style-type: none"><li>•<a href="http://www.scd.hawaii.gov/index.html">www.scd.hawaii.gov/index.html</a>.</li></ul>
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## Hagel: Furloughs impact all military

CONTINUED FROM A-1

civilians would be temporarily laid off by half.

It may be possible, later in the year, to “knock that back” to an even lower number, the secretary said, but he emphasized that he could not promise such an outcome.

“I won’t promise that,” Hagel said. “You deserve fair, honest, direct conversation about this, and I’m not going to be cute with you at all. This is where we are. We’ll continue to look at it, (and) we’ll continue to do everything we can.”

Hagel said the furloughs will affect every military department and almost every agency, with limited exceptions.

“We will except civilians deployed to combat zones and civilians necessary to protect life and property,” he wrote in his memo, adding that others will be excepted if forcing

them to stay off the job would not free up money for other needs.

Employees set to be furloughed will begin receiving written notification June 5.

In March, defense officials had told civilian employees to expect as many as 22 furlough days during the current fiscal year, part of department-wide efforts to slash spending in response to across-the-board budget cuts known as sequestration.

In the time since, Hagel has been working to avoid or reduce the temporary layoffs, saying he had sought advice from department leaders and agencies, both civilian and military, but found no other way to help in closing the budget gap.

In his memo today, Hagel said if the budget situation eases, he would strongly prefer to end the furloughs early.

“That is a decision I will make later in the year,” he added.



2013 CEREMONIES

**Sunday, May 26**  
**9:30 a.m., Waialua Lions Club Memorial Day** — Open to North Shore community members, veterans and families, Haleiwa Beach Park, call Charlyn Sales at 655-1699.

**10 a.m., Waikiki World War I Natatorium Memorial Day Ceremony** — Public ceremony. Navy Capt. will be keynote speaker, Waikiki War Memorial. Call Frank Weight or Donna Ching, 944-4070 or 258-5881.

**10 a.m., Pacific American Foundation Roll Call of Honor** — Public ceremony with a joint service color guard and an Air Force rifle salute and bugler, Punchbowl,

National Memorial Cemetery of the Pacific. Call Robert Kahihikolo at 263-0081.

**1 p.m., Boy Scout Good Turn Ceremony** — Attendance limited to Boy Scouts and their families. Boy Scouts will place flags and lei on each grave at Punchbowl, National Memorial Cemetery of the Pacific. Call Autumn Winsett at 380-5432.

**5 p.m., Vietnam Veterans Candlelight Ceremony** — Public ceremony with a Marine band and rifle salute, and a Rolling Thunder motorcycle rally, Punchbowl, National Memorial Cemetery of the Pacific. Call Carswell Ross at 422-4000.

**Monday, May 27**  
**8:45 a.m., Mayor’s Memorial Day Ceremony** — Largest public

ceremony on Oahu. Mayor Caldwell will be keynote speaker with a joint service color guard, a Navy bugler, and an Air Force rifle salute and fly-over. Punchbowl, National Memorial Cemetery of the Pacific. Call Gary Cabato at 768-3009.

**10 a.m., Installation Memorial Day Remembrance Ceremony** — Keynote speaker with a single service color guard and a rifle salute, Schofield Barracks Post Cemetery. Call Ted Taijeron at 655-4259.

**1 p.m., Governor’s Memorial Day Ceremony** — Public ceremony; Gov. Abercrombie will be keynote speaker with a joint service color guard and rifle salute and an Air Force flyover, Kaneohe, Hawaii State Veterans Cemetery. Call Willie Hirokane at 233-3630.

IMCOM program seeks first interns

U.S. ARMY INSTALLATION MANAGEMENT COMMAND  
Public Affairs

SAN ANTONIO — Applications for the first cadre of interns in the Army’s Installation Management Career Program (CP 29) began accepting applications Thursday at [www.usajobs.com](http://www.usajobs.com).

Selectees completing the internship will be part of the inaugural cohort of future installation management professionals.

Interns will collectively participate in a 24-month training and development program.

With an initial assignment at the IMCOM headquarters on Joint Base San Antonio-Fort Sam Houston, selectees must sign a mobility agreement. The entry grade is GS-07, with potential growth to the GS-11 level at full performance.

IMCOM supports the U.S. Army’s warfighting mission by working to provide standardized, effective and efficient services, facilities and infrastructure to Soldiers, civilians and families.

CP 29 supports Army civilians who work in a variety of installation management related positions embedded at all levels, from installations to headquarters. Installation management employees work across a broad spectrum of services and capabilities.

Employees working in this career program come together with an aim toward providing the myriad of services, skills and capabilities required to maintain and support Department of the Army installations.

**Job Site**

Watch the USAJobs website, [www.usajobs.com](http://www.usajobs.com), for announcements now.

Under “Keyword Search” type “Installation Management Specialist” and/or “Fort Sam Houston, TX.”

For position information, call (210) 466-0467 or (210) 466-0475.



Send announcements for Soldiers and civilian employees to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

**Today**  
**Schofield Asian-Pacific Celebration** — This year’s theme is “Building Leadership: Embracing Cultural Values and Inclusion.” The event takes

place at 10:30 a.m. at the Sgt. Smith Theater. Call 655-0053.

**DFACs & Asia-Pacific** — The Warrior Inn, K-Quad and Wings of Lightning dining facilities will have special Asian menus to celebrate Asian-Pacific Month. Check your favorite chow hall for specifics.

**22 / Wednesday**  
**H-2 Traffic Study** — The Hawaii Department of Transportation, Highways Division, is conducting a traffic study to analyze existing traffic conditions in the Mililani Mauka area, specifically at the H-2 Freeway Mililani Interchange. A component of the study is to evaluate

potential alternatives to improve traffic in the area.

As part of the assessment process, a public informational meeting is scheduled at 6:30 p.m. at Mililani Mauka Elementary School cafeteria, 95-1111 Makaikai St., to illustrate the study and possible future traffic alternatives. HDOT representatives will be present to address community concerns and to answer questions.

To request language interpretation, an auxiliary aid or service (e.g., sign language interpreter, accessible parking or materials in a different format), call 692-7691 or email [reid.tokuhara@hawaii.gov](mailto:reid.tokuhara@hawaii.gov), seven days prior to the meeting.

TTY users may use TRS to contact the HDOT office.

**24 / Friday**  
**Kalakaua Lane Closure** — A single lane closure along Paukuwaho Place, for construction within the Island Palm Communities, Schofield Barracks, is scheduled to begin, ending July 8. The lane will be closed weekdays 8 a.m.-5:30 p.m., holidays excluded. Call 655-7668 or 655-7393.

**28 / Tuesday**  
**Facebook Town Hall** — Attend the quarterly online USAG-HI Facebook Town Hall, hosted by Col. Daniel Whitney, commander, USAG-HI, from 6-

7:30 p.m., at [www.facebook.com/usaghawaii](http://www.facebook.com/usaghawaii), under the Events tab.

**31 / Friday**  
**DKO Ends** — Defense Knowledge Online reaches the end of its life. June 1, DKO account holders won’t have access. Users wishing to retain content stored on DKO must download it before May 31. Go to <https://efs.deps.mil/>.

**June 1 / Saturday**  
**Hurricane Preparedness** — The annual hurricane season in Hawaii begins. See relat-

ed preparedness story, p. A-1.

**14 / Friday**  
**Happy Birthday** — The 238th Army birthday takes place at the Hilton Hawaiian Village. Contact your unit representative or check future News Briefs for updates.

**24 / Monday**  
**ICS 300 & 400** — Take the opportunity to complete FEMA’s National Incident Command System courses 300 and 400, on Schofield Barracks in U.S. Army Reserve Building 1554. Visit [www.eventandexercise.com/home.php?eventid=124](http://www.eventandexercise.com/home.php?eventid=124) or call 438-5176.





# Spouse STX

Sgt. 1st Class Rodney Eubanks (right), intelligence noncommissioned officer in charge, 1st Bn., 27th Inf. Regt., 2nd SBCT, 25th ID, helps his spouse, Jodie Eubanks, handle firing a weapon during Spouses' Day, recently. (Photo by 2nd Lt. Hannah Smith, 1st Bn., 27th Inf. Regt., 2nd SBCT Public Affairs, 25th ID)

## 'Wolfhounds' efforts strengthen Soldier-family ties

**2ND LT. HANNAH SMITH**  
1st Battalion, 27th Infantry Regiment  
2nd Stryker Brigade Combat Team Public Affairs  
25th Infantry Division

**S**CHOFIELD BARRACKS — More than 58 spouses from the Wolfhounds put on their husbands' uniform and headed out to the field to understand a day in the life of a Soldier as the 1st Battalion, 27th Infantry Regiment, "Wolfhounds," 2nd Stryker Brigade Combat Team, 25th Infantry Division, hosted a Spouse Support Training Exercise, during the course of two days.

The spouses navigated their way through an obstacle course in groups, familiarized themselves with and then fired weapons, such as the M249B, the M240B and the M4, in addition to being trained on how to clear a room in an urban environment.

"The intent of Spouse STX was not only to provide a better understanding of the job of a Soldier, but also to help integrate family members into the Wolfhounds and further enhance unit cohesion," said 2nd Lt. Dave Forrester, the officer in charge for the Spouse STX.

On day one, spouses came fully prepared. They borrowed their husband's Army Combat Uniform, ear and eye protection, gloves and a water source. The women marched a half mile to the obstacle course where the Wolfhounds gave a demonstration of each obstacle and then divided the spouses into groups to go back through the course.

"Awesome," said Jamie Clark, Borzoi Company family readiness group leader and wife of 1st Lt. Tim Clark, Borzoi 3rd Platoon leader. "Towards the end, everyone was starting to get a little competitive, and I wish we could have

gone back through in teams for time."  
"It was great to come out with my husband," said Tracy Coats, spouse of Spc. Shayne Coats, a rifleman with Co. B. "I think the events really helped the married couples bond."  
The events help married couples work together as Soldiers helped their wives by teach-



1st Lt. Tim Clark (on ground), 3rd Platoon leader, Co. B, 1st Bn., 27th Inf. Regt., 2nd SBCT, 25th ID, helps his wife, Jamie Clark, safely climb through the weaver obstacle during Spouses' Day. (Photo by Sgt. 1st Class Rodney Eubanks, 1st Bn., 27th Inf. Regt., 2nd SBCT Public Affairs, 25th ID)

ing them good techniques and explaining their knowledge from experience.

"This is a great way for all the families to meet and interact, as well as helping the spouses get to know each other better," said Katie Bergman, wife of Lt. Col. Chuck Bergman, 1-27th commander. "It's kind of neat to see what actual Soldiers do, and it's great that the Wolfhound Soldiers and families alike did the events together."

Day two involved the spouses dividing into teams of four; they learned how to clear a room. They received a demo, practiced with their team and then went through the house clearing each room with M4s and blank ammunition.

"I definitely want to do it again," exclaimed Kayla Howard, wife of 1st Lt. Matt Howard, Coldsteel Co. 1st Platoon leader. "I had an MRE (meals ready to eat) and heated the meal up, met a lot of great women, and was happy that the guys got to come along and help out."

"Kayla was so curious to see what I do every day," said husband Matt. "She was worn out after both days and now understands better what I do at work."

Also present at the Spouse STX was John Coon, president of the Wolfhound Regimental Historical Association, who was partaking in the activities while visiting Schofield Barracks in support of Regimental Week, a tradition of combined events between 1st and 2nd battalions, 27th Inf. Regt., May 1-3.

Coon was a draftee during the Vietnam War and a part of Delta Co., 1-27th, from July to December 1967. He received a career-ending wound from a shot in the leg and retired as a specialist-4, but has continued to support Wolfhound events throughout the years.

He recalled the room-clearing tactics taught to spouses during Spouse STX were similar to tactics taken during the Tet Offensive in Vietnam in 1968.

"The only difference," Coon explained, "is that back then we didn't get any training on these tactics; we went right to war. Now, not only do the Soldiers get great training, but their spouses understand as well. It's phenomenal."

After two days of training, spouses had received a much better understanding and appreciation of the life of a Soldier, and they forged a greater bond between families.

Wolfhound command anticipates continuing the tradition in efforts to strengthen the family-Soldier relationship and to improve training on a continual basis.

Warriors! Wolfhounds!  
No Fear!



Staff Sgt. Carlos Lebron (right), operations planner, with 1st Bn., 27th Inf. Regt., 2nd SBCT, 25th ID, helps his spouse, Angel Lebron. (Photo by 2nd Lt. Hannah Smith, 1st Bn., 27th Inf. Regt., 2nd SBCT Public Affairs, 25th ID)

## Hawaii Military Appreciation Month Events

The month of May is the 28th Annual Hawaii Military Appreciation Month to honor Hawaii-based troops and their families.

Local government officials and business and civic leaders, along with military leadership, have planned several events to celebrate military ohana.

Remaining events include the following:

**May 18, Living History Day** — The U.S. Army Museum of Hawaii, Fort DeRussy, Waikiki, will commemorate Armed Forces Day, 9 a.m.-3 p.m. Events include military

memorabilia; re-enactors in period uniforms from the Civil War, the Spanish-American War and Vietnam; and hands-on displays of military artifacts. Call 438-2822.

**May 19, Armed Forces Day** — The Honolulu Zoo, 151 Kapahulu Ave., will host a free day at the zoo for all military ID cardholders, including retirees and National Guardsmen and their spouses, 9 a.m.-2 p.m. One ID cardholder can bring the entire family.

Free entrance for military ID cardholders will be located at the Monsarrat Gate.

For general information, call 486-9640 or email [ota.elaine@yahoo.com](mailto:ota.elaine@yahoo.com).

**May 30, Celebrating the Military Family** — Armed Services YMCA of Honolulu is having its first special breakfast event, 7:30-9 a.m., Hilton Hawaiian Village Coral Ballroom. Military families and wounded warriors will be honored.

Individual tickets are \$250. Proceeds support ASYMCA programs for military families and wounded warriors. Call Stan Lum at 473-3398 or 473-3399, or visit the ASYMCA at

<http://asymcahi.org/>.

**June 14, Army Birthday Commemoration** — U.S. Army-Pacific will hold a commemoration for the Army's 238th birthday at 6:30 p.m., June 14, at the Hilton Hawaiian Village. Cocktail hour begins at 5:30 p.m. For more details, contact your unit representative or call 438-9761.

### Military Discounts

Visit the Chamber of Commerce of Hawaii's "Military Affairs" dropdown to view information about events and military discounts offered by local businesses to military ohana during Hawaii Military Appreciation Month.

Search [http://cochawaii.org/hawaiimilitaryappreciationmonth\\_new.asp](http://cochawaii.org/hawaiimilitaryappreciationmonth_new.asp).





Briefs

Today

**Lei Making Workshop** — SB Arts and Crafts Center hosts the great Hawaiian tradition of lei making every third Friday of the month from 1-3 p.m. Call 655-4202 for preregistration.

19 / Sunday

**Sunday Brunch** — Enjoy Sunday Brunch at SB Mulligan’s Bar and Grill, 10 a.m.-1 p.m. Call 438-1974.

20 / Monday

**Sand Volleyball** — Join weekly competition on Mondays; game starts at 6 p.m., SB Tropics Warrior Zone. Call 655-5698.

**Mongolian Barbecue** — Dinner is served starting at 5 p.m., Mondays, at SB Kolekole Bar and Grill (655-4466) and Thursdays at FS Mulligan’s Bar and Grill (438-1974). Cost is 65 cents per ounce.

21 / Tuesday

**Taco Tuesday Night** — Kolekole Bar and Grill offers three tacos, rice and beans specials for \$4.99. Call 655-4466.

22 / Wednesday

**Preschool Story Time** — Take your toddlers to story time, Wednesdays, 10 a.m., Sgt. Yano Library, SB. Different theme and story each week. Call 655-4707.

**New Drawing Classes** — Learn basic cartoon drawing at the SB Arts and Crafts Center, with creativity and confidence, by taking the mystery out of drawings.

Wednesday sessions follow:  
•Adult class, 10 a.m.-12 p.m., \$35.  
•Teens class, 2-3 p.m., \$25.  
All supplies included; preregistration required. Call 655-4202.

**BOSS Meetings** — Single Soldiers and geographic bachelors are invited to Better Opportunities for Single Soldiers meetings every Wednesday to discuss community

STORY TIME



SCHOFIELD BARRACKS — Preschool age keiki, above, engage story leaders at the the weekly Preschool Story Time, Wednesday, at Sgt. Yano Library.

The weekly storytelling program, supervised by the Military Child Education Coalition (MCEC), under the Parent to Parent program, features separate sessions, one for preschoolers, here, and the other for toddlers ages 1-2.

Preschool Story Time is held every Wednesday at 10 a.m.

At right, Maria Mahoney of the MCEC reads to children at the the Preschool Story Time.

The storytelling program also features social interaction with preschoolers and toddlers. The sessions for both age groups are held simultaneously.

(Photos by Jack Wiers, U.S. Army Garrison-Hawaii Public Affairs)



service projects and fun upcoming programs. Call 655-1130.

•South meetings, 10 a.m., 2nd and 4th Wednesdays, AMR Chapel.

•North meetings, 3 p.m., every 1st and 3rd Wednesday, Tropics Warrior Zone.

**Teen Wednesdays** — Cosmic Bowling for teens for \$2 at Wheeler Bowling Center, WAAF, 2-4 p.m. Free shoes with a two-game minimum. Call 656-1745.

23 / Thursday

**Flower Lei Making** — Sew a lei and learn about this Hawaiian tradition, 4-5 p.m., at the Fort Shafter library. Call 438-9521.

24 / Friday

**Friday Night Fever** — Enjoy a \$5

special for Cosmic Bowling at Wheeler Bowling Center. Includes three games and one shoe rental, 5-10 p.m. Call 656-1745.

Ongoing

**RV/Boat/Jet Ski Lot** — Store recreation equipment. Auto Skills is \$40 for 16-foot and below and \$50 for above 16-feet. Call 655-9368.

**Richardson Pool Closure** — SB’s Richardson Pool is closed until July. For patron convenience, restrooms and showers are open from 6-9 a.m., during PT, Mondays-Fridays. All other operations have moved to Helemano swimming pool.

**Leisure Travel Services** — Visit your LTS office for May specials on

horseback riding, Sea Life Park and the Polynesian Cultural Center. Call 438-1985 (FS) or 655-9971 (SB).

**Swim Lessons** — Tripler and Helemano pools offer water exercise and private swim lessons. Call Tripler at 433-5257 or HMR at 653-0716 for dates and times.

**Vehicle Safety Check** — The SB (655-9368) and FS (438-9402) Auto Skills centers perform Hawaii safety checks on a first-come, first-served basis; no appointments.

**Clay Hand Building Workshop** — Learn to work with clay from the experts at the SB Arts and Crafts Center. Initial session is \$25; additional sessions are \$5. Call 655-4202 for pre-registration.

community Calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

Today

**Preparedness** — Hurricane season in the Pacific Region is June 1-Nov. 30. The Army encourages all personnel to maintain a level of readiness.

If directed to move to a Safe Haven, on-post residents should already know where their Safe Havens are located. Print the list and maps from [www.garrison.hawaii.army.mil/dptms/SafeHaven2013.pdf](http://www.garrison.hawaii.army.mil/dptms/SafeHaven2013.pdf) or [www.slideshare.net/usaghawaii/safe-havens-on-post](http://www.slideshare.net/usaghawaii/safe-havens-on-post).

Keep a copy of this information in your Emergency Supply Kit for quick access, and bring this kit with you to the Safe Haven.

If you live off post, move to a Safe Haven in your local community, if directed. This information can be found in local phone books or at [www.scd.hawaii.gov/index.html](http://www.scd.hawaii.gov/index.html).

**Asian-Pacific American Heritage Month** — Observance is 10:30-11:30 a.m., Sgt. Smith Theater. The 2013 APAHM theme is “Building Leadership: Embracing Cultural Values & Inclusion.” Contact an EEO advisor for details or the USARPAC EO Office at 438-2419.

**Asian-Pacific Heritage Month** — Islander meal special offerings are

at the following dining facilities for authorized users:

•SB K Quad, 11:30 a.m.-1 p.m.;  
•SB Warrior Inn, 11:30 a.m.-1 p.m.; and  
•WAAF Wings of Lightning, 11 a.m.-1:30 p.m.

**Bellows Volleyball** — Registration deadline is May 17 for the inaugural Bellows four-person Memorial Day Weekend Volleyball Tournament, May 25-26. Registration fee is \$10 per person; includes shirt. Visit [www.bellowsafs.com](http://www.bellowsafs.com).

18 / Saturday

**35th Visitor Industry Charity Walk** — Begins at 7 a.m. at the Royal Hawaiian Center, Kalakaua Avenue, for the 6.2-mile walk. Visit [www.CharityWalkHawaii.org](http://www.CharityWalkHawaii.org) or call 923-0407.

**Fort DeRussy Living History Day** — The U.S. Army Museum honors the men and women of our nation’s armed forces with its annual Living History Day, 9 a.m.-3 p.m., May 18, on the museum’s front lawn.

Free event features interactive exhibits of modern military Soldiers and equipment, military memorabilia, restored military vehicles, re-enactors in period uniforms from the Civil War and Spanish-American War to Vietnam. Call 438-2819.

23 / Thursday

**Free Magic Classes** — The International Brotherhood of Magicians host magic classes, 6 p.m., Kalihi-Palama Library. The fourth Thursday of every month features a free introductory class to the public. This

month’s topic is “Introduction to Magic.”

A different aspect of beginner’s magic is taught every month, except November and December. For more details about the club, go to [www.hawaii.imagicclub](http://www.hawaii.imagicclub), or call Richard Bautista, president, 216-9672.

24 / Friday

**Dominique Wilkins** — NBA Hall of Fame player Dominique Wilkins will appear, 3:30-5:30 p.m., at St. Louis School McCabe Gymnasium, 3142 Waiialae Ave., on behalf of the Juvenile Diabetes Research Foundation, free of charge.

**Youth Camp Deadline** — Deadline for Operation Military Kids’ “Heroes at Home” military youth camp for middle-school youth, ages 11-14, who have experienced the deployment of a parent, is May 24, for a registration fee of \$10 per camper.

This military youth camp will be held on June 16-21, at YMCA Camp Erdman, North Shore of Oahu. Visit the Hawaii OMK website at [www.ctahr.hawaii.edu/4h/OMK/education.htm](http://www.ctahr.hawaii.edu/4h/OMK/education.htm) for more information and applications.

Inquire at [omk@ctahr.hawaii.edu](mailto:omk@ctahr.hawaii.edu) or 956-4125.

28 / Tuesday

**Facebook Town Hall** — Attend the quarterly online Facebook Town Hall, hosted by Col. Daniel Whitney, commander, USAG-HI, from 6-7:30 p.m., Tuesday, May 28, at [www.facebook.com/usagha](http://www.facebook.com/usagha) waii, under the “Events” tab.

29 / Wednesday

**Social Wahines** — Free admission to women’s social and business

networking opportunity, 5:30 p.m., brings top women’s organizations in Hawaii together at the YWCA, 1040 Richards St. RSVP at [Networkingfor-Wahines.eventbrite.com](http://Networkingfor-Wahines.eventbrite.com).

30 / Thursday

**Celebrating the Military Family** — Armed Services YMCA of Honolulu is having its first “special breakfast” event, 7:30-9 a.m., Hilton Hawaiian Village Coral Ballroom. Military families and wounded warriors will be honored.

Individual tickets are \$250. Proceeds support ASYMCA programs for military families and wounded warriors. Call Stan Lum at 473-3398 or 473-3399, or visit the Armed Services YMCA at <http://asymcahi.org/>.

June

1 / Saturday

**North Shore Ocean Fest** — The Turtle Bay Resort will host this second annual event, noon-6 p.m., June 1, with free activities including ocean education booths, children’s activities, kayak and stand up paddle board lessons, a family sand sculpture competition, ocean fishing lessons for kids, speakers and films.

10 / Monday

**Hawaii Theatre Center Auditions** — High School age audition programs for 2013-2014 will be held June 10 and Aug. 12 for the 2013-2014 Hawaii Theatre Young Actors Ensemble. Call 791-1397 or email [eden-leemurray@hawaiitheatre.com](mailto:eden-leemurray@hawaiitheatre.com).

worship Services

Additional religious services, children’s programs, educational services and contact information can be found at [www.garrison.hawaii.army.mil](http://www.garrison.hawaii.army.mil). (Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)

AMR: Aliamanu Chapel  
FD: Fort DeRussy Chapel  
HMR: Helemano Chapel  
MPC: Main Post Chapel, Schofield Barracks  
PH: Aloha Jewish Chapel, Pearl Harbor  
SC: Soldiers’ Chapel, Schofield Barracks  
TAMC: Tripler Army Medical Center Chapel  
WAAF: Wheeler Army Airfield Chapel

Buddhist Services

•First Sunday, 1 p.m. at FD  
•Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

•Thursday, 9 a.m. at AMR  
•Saturday, 5 p.m. at TAMC, WAAF  
•Sunday services:  
- 8:30 a.m. at AMR  
- 10:30 a.m. at MPC Annex  
- 11 a.m. at TAMC  
•Monday-Friday, 11:45 a.m. at MPC and 12 p.m.TAMC

Gospel Worship

•Sunday, noon. at MPC  
•Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

•Friday, 1 p.m. at MPC Annex  
•Friday, 2:30 p.m., TAMC  
•Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

•Friday, 7:30 p.m. at PH

Pagan (Wicca)

•Friday, 7 p.m. at MPC Annex Room 232

Protestant Worship

•Sunday Services  
-8:45 a.m. at MPC  
-9 a.m., at FD, TAMC chapel  
-10 a.m. at HMR  
-10:30 a.m. at AMR  
-10:45 a.m. at WAAF (Spanish language)  
-11 a.m. at SC (Contemporary)  
**Liturgical (Lutheran/Anglican)**  
•Sunday, 9 a.m. at WAAF

This Week at the MOVIES Sgt. Smith Theater

Call 624-2585 for movie listings or go to [aafes.com](http://aafes.com) under realtime movie listing.



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(PG-13)

Fri., May 17, 7 p.m.  
Sat., May 18, 7 p.m.  
Wed., May 22, 7 p.m.  
Thurs., May 23, 7 p.m



Jurassic Park 3D

(PG-13)

Sat., May 18, 2 p.m.  
Sun., May 19, 2 p.m.

No shows on Mondays, Tuesdays or Wednesdays.

Calendar abbreviations

8th TSC: 8th Theater Sustainment Command

25th ID: 25th Infantry Division

ACS: Army Community Service

AFAP: Army Family Action Plan

AFTB: Army Family Team Building

AMR: Aliamanu Military Reservation

ASYMCA: Armed Services YMCA

BCT: Brigade Combat Team

BSB: Brigade Support Battalion

Co.: Company

CYSS: Child, Youth and School Services

EFMP: Exceptional Family Member Program

FMWR: Family and Morale, Welfare and

Recreation

FRG: Family Readiness Group

FS: Fort Shafter

HMR: Helemano Military

Reservation

IPC: Island Palm Communities

PFC: Physical Fitness Center

SB: Schofield Barracks

SKIES: Schools of Knowledge,

Inspiration, Exploration and Skills

TAMC: Tripler Army Medical

Center

USAG-HI: U.S. Army Garrison-

Hawaii

USARPAC: U.S. Army-Pacific

WAAF: Wheeler Army Airfield



# 25th CAB instructs educators about Army aviation

Story and photos by  
**SGT. DANIEL SCHROEDER**  
25th Combat Aviation Brigade Public Affairs  
25th Infantry Division

WHEELER ARMY AIRFIELD — “What job do I want to have for a career,” students in high school and college often ask themselves.

While some have it figured out, others seek advice from guidance counselors and faculty at their school.

To provide students with the right guidance, local educators toured, here, May 6, and asked Soldiers of the 25th Combat Aviation Brigade, 25th Infantry Division, questions about life in the Army.

“The purpose of visiting the CAB was to inform local educators of all the numerous benefits the Army provides and hear firsthand from Soldiers,” said Sgt. 1st Class Chris Nenninger, an Army recruiter from the recruiting center in Honolulu and a native from San Antonio, Texas. “It arms educators with the knowledge to explain to students what they saw and heard. This event developed cohesion between Army recruiters and local educators.”

The educators toured the 3rd Battalion, 25th Avn. Regiment, 25th CAB, hangar to learn about Army careers as a flight medic, crew chief and pilot for both the UH-60 MEDEVAC Black Hawk and CH-47F Chinook.

“It was nice to hear the information from the Soldiers,” said Tara Bagayas, a counselor with Leilehua High School and native of Pearl City. “I did not know much about the Army before the visit. (Now) I can understand what Soldiers and their children talk about.”

The educators also learned how Soldiers better themselves technically, educationally and professionally.



Staff Sergeant Thomas Combs, a CH-47 crew chief assigned to Co. B, 3rd Bn., 25th Avn. Regt., 25th CAB, shares his experiences in the Army with Hawaiian educators during a visit to witness career and educational opportunities of Soldiers in the Army, May 6.

“The Army allows for team building, management training and skills to be used in their life outside the Army that civilian companies look for,” said Staff Sgt. Thomas Combs, a CH-47 crew chief assigned to Company B, 3-25th Avn., 25th CAB. “For educational benefits, there is the G.I. Bill, tuition assistance ... and most Army schools can account for college credit.

“The Army allows people who can’t afford college to receive financing while earning credits towards their degree,” Combs added. “They also receive hands-on training they may not receive in the civilian world.”

As the Soldiers of 3-25th Avn. described how the Army progresses them professionally, the educators discovered educational benefits are directly related to professional growth.

“These Soldiers received their degrees using tuition assistance and GI Bill,” said Nenninger. “Having these Soldiers talk about their experiences translates from what the recruiter says to Soldiers telling their lives in the Army.”

In addition to informing educators about benefits offered by the Army, the Honolulu Recruiting Command wanted to address any misperceptions that students or educators had about the Army.

“The students’ views of the Army are limited to fighting wars and Call of Duty,” said Stephen Goering, an education services specialist with the U.S. Army Recruiting Company in Honolulu.

“They do not see many tanks around here; all they see of the Army is helicopters. Some students do not realize the Army propels them towards the same goal they want in the civilian world,” he said.

Bagayas often hears the same views from students.

“Some of the students do not realize the support they can get from the Army,” Bagayas said.

After touring the hangar, the educators received a tour of where the Soldiers call home after a long day of work.

“The Soldier who showed us his room talked

about his life transition from high school to Army life,” Bagayas said. “I know a lot of students have questions about ... Army careers and the transition from civilian to military. I used to refer them to the recruiter for the information; now, I can help ease some of their concerns before referring them to the recruiters.”

With insight and knowledge from talking with Soldiers, educators can better inform students on what the Army can do for them.



Specialist John Eacho, a UH-60 crew chief assigned to Co. C, 3rd Bn., 25th Avn. Regt., 25th CAB, assists Lauren Cheape, the District 45 Hawaii State House Representative, in the proper wear of a flight crewmember’s gear during a visit to experience career and educational opportunities in the Army.



Soldiers of Co. C, 3rd Bn., 25th Avn. Regt., 25th CAB, share their experiences in the Army, May 6.



# Battery by blender’s a social services cautionary tale

## Small appliance awareness learned

“MOLINARI!” the ER nurse bellowed, jolting my Navy husband and I out of our waiting room stupor.

Tearing our eyes from hypnotic crime show reruns playing on the wall-mounted television, we scrambled to move our 12-year-old daughter, who’d been placed in a wheelchair to elevate her lacerated foot.

“So, what happened?” the nurse asked.

“It was the blender,” I blurted, nervously.

“The blender?” the nurse looked in horror at our daughter’s foot, wrapped in a dishtowel.

“Well, no, her foot wasn’t actually in the blender. ... It was on the floor ... and the blender was in the freezer.”

“In the freezer?” the nurse asked, confused.

“I ... it was me,” I mumbled culpably. “I put the glass pitcher in the freezer. When my daughter opened the door, it fell out and cut her foot.”

“Ah,” said the nurse, relieved to not be dealing with a frapped foot. “Let’s take a quick look.”

As our daughter winced and whined, we carefully unraveled the dishtowel.

“Hmmm. Looks like you’re gonna need a few stitches young lady,” said the nurse.

The nurse fired questions at us: “full name, date of birth, address, phone number, Tricare prime or standard, sponsor’s social,” while tapping away at her computer.

Then, after a pregnant pause, she looked intently at us and carefully enunciated, “Has your daughter ever had stitches before?”

“No,” I answered, immediately.

My mind waffled and my eyes darted as I thought, “Should I tell her about that face plant she did into the side of the backyard play set? She didn’t need stitches, but if I don’t mention that, will she think I’ve got something to hide?”

“Sit tight in the waiting room. When the doctor is ready for you, we’ll get you all fixed up,” the nurse said, with a smile.



### THE MEAT & POTATOES OF LIFE



LISA SMITH MOLINARI  
Contributing Writer

We settled back into the waiting room, just in time to see Matlock render a withering cross-examination.

Stagnating under the unforgiving fluorescent lights for another hour, we reassured our daughter, analyzed the people around us, leafed through dog-eared magazines and watched an episode of “Hill Street Blues.”

Just as I thought cobwebs were forming, our name was called.

The X-ray technician, the billing rep, the nurse, the doctor — they all asked the same questions. First, a battery of rapid-fire queries regarding tedious details were launched in robotic succession, followed by one carefully worded question delivered police-interrogation style.

I can’t recall if the final question was “Has your daughter had stitches before?” or “Are you the abusive parent who negligently put the blender in the freezer side-



Courtesy photo

ways?” but I am certain that they had it out for me.

I prayed they wouldn’t find out about our two older kids, who have had their share of ER visits in past tours. Three broken bones, two pulled elbows and at least a dozen stitches, with such typical excuses: fell off the couch, fell off the play set, fell into the play set, fell down the stairs. It all sounded so textbook; I was sure the police were on their way to haul me off to jail.

But finally, after 30 minutes of treatment and three hours of waiting, we were released. Feeling like some kind of middle-aged jailbird, I sheepishly wheeled my daughter back to the ER entrance.

On our way back to base, while my daughter sipped a conciliatory chocolate shake, I turned to her in an effort to relieve the still-fresh pang of guilt.

“Lollipop, if I hadn’t put that blender in the freezer sideways, none of this would’ve happened. I’m so sorry,” I said.

“It’s OK, Mom,” she said between sips. “It’s not you’re fault. It was just an accident.”

Along with my heart and that chocolate shake, my mother’s guilt melted away.

*(A 20-year Navy spouse and mother of three, Lisa has plenty of humor to share in her column, “The Meat and Potatoes of Life,” which appears in military and civilian newspapers and on “Stripes Military Moms” website, at [www.themeatandpotatoesoflife.com](http://www.themeatandpotatoesoflife.com) and follow @MolinariWrites.)*



# 8th STB targets longevity

**STAFF SGT. GAELN LOWERS**  
8th Theater Sustainment Command Public Affairs

FORT SHAFTER — Training is the backbone of why the U.S. Army is the greatest on the planet.

Soldiers train, rain or shine, with hundreds of pounds of gear, in all types of terrain.

They run in boots through the mud and sand, ducking under obstacles, up and down hills. This activity can wear on a Soldier’s motivation and, more importantly, their bodies.

According to studies conducted by the U.S. Army Public Health Command, unit physical training was the leading cause of non-battle related evacuations during Operation Iraqi Freedom from 2003-2008.

In a garrison environment, running causes 76 percent of all injuries.

These facts are why many Soldiers of the 8th Special Troops Battalion, 8th Theater Sustainment Command, went to train with trainers like Neil Santiago and the Advanced Tactical Athlete Conditioning (ATAC) Program at Fort Shafter, April 29-May 3.

Santiago, a fitness specialist with sports medicine at U.S. Army Health Clinic-Schofield Barracks, says the program’s aim is a tactical fitness, battle-focused approach to physical training that Soldiers aren’t typically receiving with traditional unit PT. It is also an injury prevention initiative that is being pushed as part of the Comprehensive Soldier Fitness Plan.

“The program answers a few key questions,” he explained. “How do we reposition? How do we make better choices when we

move? What can we do with training programs so that we’re not overtraining, causing overuse injuries? Basically, we try to keep everybody healthy and in the fight.”

A homegrown program that started in 2009, ATAC was created by the Schofield Barracks Physical Therapy team. It now has a team at Tripler Army Medical Center that provides course instruction to units at TAMC and Fort Shafter.

“Our overall goal is Soldier readiness,” Santiago said. “In order to be successful, unit PT leaders need the proper tools to increase Comprehensive Soldier Fitness and reduce injury levels within the unit. The ATAC program will provide unit PT leaders the tools to accomplish this mission.”

Many of the Soldiers were skeptical, but they were pleased with the results of the training.

“I tore some muscles after (karate) nationals last year, and I think it was due to us training so diligently on one side,” said Staff Sgt. Randal Kumagai, military intelligence non-commissioned officer with the 8th TSC.

“These exercises help open up some of those muscles that have clamped shut, muscles that we might not even know have clamped up. I think this training will help me heal faster and teach me not to make the same mistakes during my training.”

Santiago said that keeping Soldiers healthy was exactly the idea behind ATAC.

“Passing scores on the APFT (Army Physical Fitness Test), minimizing profiles, keeping people healthy for the longevity of their careers are what we are all about,” he concluded.



Soldiers from the 8th STB, 8th TSC, stretch their quad muscles during the Advanced Tactical Athlete Conditioning Program, April 29-May 3. (Spc. David Innes, 8th Theater Sustainment Command Public Affairs)



# Healthy office habits urged

**LISA YOUNG**  
U.S. Army Public Health Command  
ABERDEEN PROVING GROUNDS, Md. — Do you want to feel better and more energized at work?

Simple changes to at-work habits can have a positive impact on staying healthy. Whether trying to manage a chronic condition or maintain a healthy lifestyle, the tips below can make a difference in your overall health and make your workday more enjoyable.

**Better work habits**  
*Eat better at work.* Pack your lunch and keep healthy snacks on hand. Skipping breakfast decreases metabolism, so if you don't have time to eat breakfast, pack your breakfast, as well.

Healthy snacks can help you resist the sugary foods that often plague the office. Good alternatives are cut-up vegetables, fruit slices, light popcorn, low fat whole-wheat crackers with peanut butter and low fat soup in a cup.  
*Burn calories at work.* Make office exercise a part of your daily routine by adding active activities or 10-minute “exercise blasts” to your office routine.

Multiple increments of exercise can add up to the 30 minutes of moderate exercise per day that is recommended for health benefits.

*Stand and move.* Look for opportunities to stand, such as while talking on the phone. Walk to other offices as a substitute for local emails and phone calls.

Organize a walking group or schedule walking meetings. Do laps inside your building or take your walking meetings outdoors.  
Take a one-minute “cardio burst” to march or jog in place, do jumping jacks, simulate jumping rope, or walk up and down the stairs.

*Turn breaks into a short fitness routine.*  
Store resistance bands or small hand weights in a desk drawer.

**Exercises worth trying**  
*Arm curls.* Hold weights at your sides, palms facing upward, bend your elbows, bring your hands up. Keep your arms by your side, lower your hands slowly and repeat.  
*Side leg lifts.* Stand straight; lightly brace yourself on a desk. Tighten your abdominal muscles and the muscles on your outer thigh. Raise your leg to the side, knee straight, foot flexed. Do 12 repetitions, and then repeat with the other leg.  
*Oblique crunches.* Sit up, straight in a chair;

clasp your arms behind your head with your elbows back. Tighten your abs as you bring your opposite knee up toward your opposite elbow. Alternate sides.  
*Quad lifts.* Sit in a chair with your abs contracted; extend your leg with your foot up, knee straight. Raise your thigh off the chair, lower and repeat. Alternate legs.  
*Stretch more at work.* For people whose jobs require them to sit for long hours, taking a few minutes to do stretches can relieve stress, increase productivity and make them feel better. Fit these stretches, along with relaxed breathing, into your schedule.



Stretch more at work serves one strategy to make positive eating and exercise habits a part of a healthy working lifestyle. (Courtesy Photo)

*Neck stretches.* Close your eyes. Let your chin drop down to your chest until you feel a stretch along the back of your neck. Slowly bring your shoulders up toward your ears, and then relax them down.

Take the right ear to the right shoulder, and then roll your head forward and then the left ear to the left shoulder. Keep the shoulders relaxed and do not hurry. Take three to five rolls and then switch directions for another five rolls.

*Back stretch.* Bring both feet flat on the floor. Bring your hands onto your knees. On an inhale, arch the back and look up toward the ceiling. On the exhale, round the spine and let your head drop forward. Repeat for five breaths.

*Seated forward bend.* Push your chair back from your desk. Bring both feet flat on the floor. Interlace your fingers behind your back. Straighten your arms, drawing the interlaced fingers down. Fold at the waist, bringing your interlaced hands over your back. Rest your chest on your thighs and release your neck.

*Seated spinal twist.* Sit sideways in your chair, feet flat on the floor. Twist towards the back of the chair, holding the back with both hands. Repeat the other way.

By following these workday examples, you can improve your overall health.



# The fault is salt

CARRIE SHULT

U.S. Army Public Health Command

ABERDEEN PROVING GROUNDS, Md. — My friend and I measured our blood pressure at a grocery store station this week.

What should have been a quick exam changed when his blood pressure measured 135/100.

All of a sudden commercials flashed through my head: “High Blood Pressure Kills!” and “The Silent Killer!”

We did some detective work on high blood pressure and determined that “blood pressure” is the force of blood pushing against the walls of the arteries as the heart pumps. If this pressure rises and stays high over time, it can damage the body in many ways, such as heart attack and stroke.

Next, we wanted to know what the risk factors are that increase the chance of developing high blood pressure. They are family history, advanced age, lack of physical activity, poor diet (especially a diet high in salt), being overweight and obese, and drinking too much alcohol.

Other possible contributing factors included stress, smoking and second-hand smoke, and sleep apnea.

Although there were risk factors my friend couldn’t change (for example, family history and age), many lifestyle factors my friend could control. He decided to start by cutting salt in his diet.

A lower sodium level — 1,500 milligrams (mg) a day — is appropriate for people 51 years of age or older, and individuals of any age who are African-American or who have hypertension, diabetes or chronic kidney disease. Otherwise, healthy people can aim for 2,300 mg a day or less.

The Institute of Medicine reports the majority of the sodium we eat (75 percent) is added to commercial foods during processing or restaurant foods during preparation. Only 25 percent occurs naturally or is added at the table or in cooking.

Your biggest bang for the buck is to eat less processed and restaurant foods. Check the nutrition facts on food items and choose lower sodium versions. In addition, choose fresh fruits and vegetables.

Try these additional tips for reducing the sodium in your diet:

- Buy fresh, plain, frozen or canned “with no salt added” vegetables.
- Use fresh poultry, fish and lean meat rather than canned or processed types (deli-meats). If you use canned meats, rinse them to remove some of the sodium.
- Use plain rice and noodles. Packaged foods, such as flavored rice, ramen noodles and macaroni and cheese, are higher in sodium.
- Choose “convenience” foods that are lower in sodium. Cut back on frozen dinners, pizza, packaged mixes (instant soup, flavored rice, macaroni and cheese), canned soups or broths, and salad dressings.
- Sparingly use condiments, such as salad dressings, soy sauce, steak and barbecue sauce.
- Limit salted snacks, such as chips, pretzels and nuts.